

Parker Place
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*Parker
Place*

Parker Place Post

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May

Volunteers Wanted

We are looking for individuals to come spend one on one time with residents, help with activities, play cards or other games, entertainment, companionship or just bringing new ideas and activities to our residents. Come talk about what's happening in the world today. Have coffee or tea. Walk the halls. Our residents would love to spend time with you! Contact Life Enrichment Coordinator, Tanya Michael, if you would like to lend a helping hand!

We would like to have a list ready for when we open our doors to the public.

Tanya Michael (319) 346-9771



May 2021 Parker Place Newsletter

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A Letter from the Director's Desk

- Mikayla Fisher

Memory Gardens

By Brooke DeNisco

In 1999, the Alzheimer's Association published guidance for creating "memory gardens" as part of its 100 Parks/100 Years celebration and marketing campaign. Portland, Oregon, and Aurora, Illinois, both constructed gardens on public lands using the Alzheimer's Association's guidelines. Another memory garden is currently under construction in Seattle, Washington. Less official dementia-friendly gardens exist at some assisted living and memory care communities, as well as through local park systems.

The Alzheimer's Association hopes that many more cities will look to Aurora and Portland as models and create public gardens devoted especially to people suffering from dementia. The 10,000-square-foot memory garden in Portland is unassuming and quiet, considering it is close to a busy urban street. It is tucked away in a shaded nook next to a baseball field and feels like an oasis. The garden is shielded from the mid-day sun, so it's filled with plants that thrive in low light. There are impatiens and black-eyed Susans, for example. The circular garden path is wide and paved and could be walked in just a minute or two. But benches with vines and arbors invite visitors to sit or have a picnic. There are herbs with fuzzy textures and interesting aromas. For safety, there is a single entrance and exit, which is an iron gate that can be closed while you're in the garden. Tall shrubs partially obscure the metal enclosure, so you don't feel like you're "locked in." The environment is mellow and relaxing for short or longer visits.

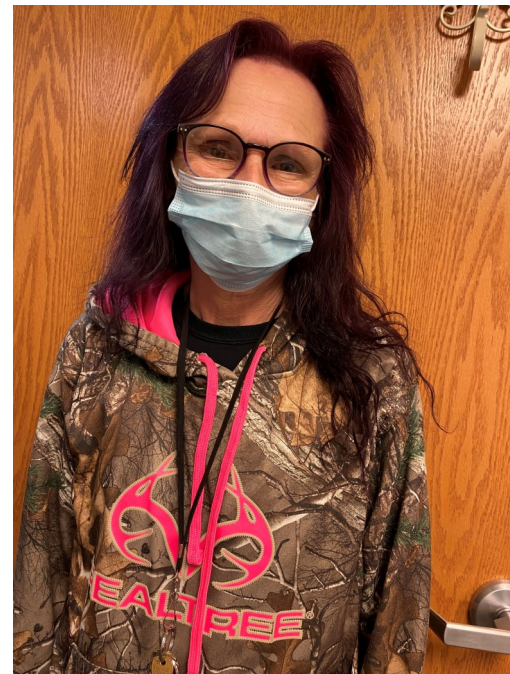
Plenty of studies praise the mental health benefits of spending time in nature. A 2015 research project published by Stanford University scientists found that public access to greenspace helps city dwellers de-stress and may even improve their cognitive functioning.

If you have space to create a memory-style garden in your community, consider the following:

- Ensure walkways are smooth, safe, and accessible.
- Use enclosures like fences for safety but obscure them, if possible, with larger shrubs or small trees.
- Make sure there is plenty of shade.
- Use sturdy chairs or other seating so people can sit down and stand up easily and without slipping.
- Plant easy-to-grow, hearty, aromatic herbs such as sage, rosemary, lavender, and mint.
- Consider allowing some flowering weeds that aren't too invasive to grow. They can be very low-maintenance and spark memories.
- Increase the sensory experience with bird feeders and wind chimes.

INTRODUCING OUR

EMPLOYEE OF THE MONTH



Deidre Davis

Deidre is extremely dependable!

She not only gets her job done, she helps in other areas of the community; even doing kitchen dishes.

She is kind to the residents and they are #1 always.

Please help us congratulate Deidre on a job well done!

Check out the excitement happening at Parker Place!





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LIZ'S KITCHEN

Liz Schaedig, Culinary Coordinator

We have started up Meals on Wheels again! The cost is \$8.00 per meal and they are available for delivery 7 days a week.

Call to schedule your meal today: 319-346-9771.

Cream-Filled Heaven Cookies

Ingredients:

- 2 cups flour
- 1/3 cup heavy whipping cream
- 1 1/2 cups butter, room temperature, divided
- 1/2 cup sugar
- 1 1/2 cups powdered sugar
- 2 teaspoons almond extract



Directions

1. Combine flour, whipping cream, and 1 cup butter in a large bowl. Divide dough into 3 equal pieces. Place each dough piece in the center of a large piece of wax paper.
2. Wrap wax paper around each dough piece. Roll each piece of dough into 1-inch tubes. Chill 2 hours.
3. Preheat oven to 375°F. Place sugar in a shallow bowl.
4. Unwrap rolls and slice into 1/4-inch-thick cookies. One at a time, place each cookie into the bowl of sugar, pressing each side into the sugar. Place cookies onto baking sheets. Using a fork, prick cookies 4 times, pushing all the way through.
5. Bake 7–10 minutes. Allow to cool completely.
6. Combine powdered sugar, 1/2 cup butter, and almond extract. Spread frosting on one cookie and then top with a second cookie so that they stick together.

Makes 25–30 servings



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Staff Birthdays

Teresa Peters (4th)

Alexis Gallmeyer (5th)

Mikayla Fisher (7th)

Jennifer Zinnel (12th)

Kathy Paul (18th)

Alex Steinmeyer (23rd)



Resident Birthdays

David Welden (16th)

Darlene Brinkman (22nd)

Sylvia Kannegieter (22nd)

Community Relations Corner

Complete a personal tour at Parker Place Retirement Community before the end of May & receive a \$100 Gift Card to Shear Beautique!

Parker Place rolls out the red carpet daily to everyone who lives, works, and visits our exceptional community.

Schedule a tour today to experience the difference for yourself!

Contact Grace:

319-560-2171

Welcome@parkerplaceretirement.com



Parker Place Coordinators

Director:

Mikayla Fisher

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Health Care Coordinator:

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Maintenance Coordinator:

Tom Moffitt

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We're rolling out the Red Carpet for you!



To get your FREE copy of the monthly Parker Place Post newsletter,

call 319-346-9771 or e-mail

lifeenrichment@parkerplaceretirement.com